

Abstract

The present invention provides a method of stimulating the central nervous system and brain waves of a human subject by stimulating a beta frequency in the left brain hemisphere while simultaneously stimulating a low beta frequency in the right brain hemisphere and subsequently stimulating the left and the right brain hemispheres at an alpha frequency. The present invention also provides a process for suppressing aberrant brain wave frequencies, by stimulating the brain at approximately twice the aberrant brain wave frequency. The present invention further provides a process for dissociating a subject by stimulating a left brain hemisphere at a frequency that differs by 0.1 to 3 Hz from a frequency at which right brain hemisphere is stimulated. The present invention also provides a method of pacing breathing in a subject to a predetermined rate comprising exposing the subject to an auditory cue and simultaneously exposing the subject to various frequencies and combinations of stimulation.